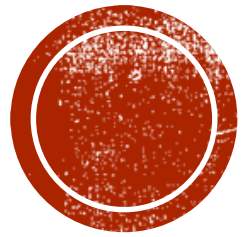


RECOVERY CAPITAL

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MABPCB Peer Committee Chair





WHAT IS RECOVERY CAPITAL?



RECOVERY CAPITAL DEFINED....

Is the scope and complexity of internal and external resources that can be drawn upon to initiate and sustain recovery from severe behavioral health disorders.



Is conceptually linked to natural recovery, solution-focused therapy, strengths-based case management, recovery management, resilience & wellness and global health.



RECOVERY CAPITAL DEFINED.....



It is all the internal attributes and strengths and external resources a Peer can utilize that empowers them to believe that recovery is possible and provides a firm foundation with which long term recovery can be built and maintained.



RECOVERY CAPITAL EXPLAINED



- Plays a key role in the success or failure of all forms of recovery
- Building personal, social, and environmental resources to maintaining long-term recovery
- Greater recovery capital increases the chances of longer abstinence because it reduces biological, psychological, and social stress – major pathways to relapse.



TYPES OF RECOVERY CAPITAL

Family

Personal

Family/Social Capital

Personal Recovery Capital

Community Recovery Capital



FAMILY/SOCIAL CAPITAL



FAMILY/SOCIAL CAPITAL

***BUILDING A POSITIVE SUPPORT SYSTEM IS
ESSENTIAL TO INCREASING RECOVERY
CAPITAL***

- **DETERS INDIVIDUALS FROM RECONNECTING TO OLD
USING ASSOCIATES**
- **CONNECT TO FAMILY SUPPORT AND COMMUNITY
RESOURCES**



FAMILY / SOCIAL CAPITAL

How To!



FAMILY / SOCIAL CAPITAL

The way to build FAMILY / SOCIAL CAPITAL is by:

- **IMPROVING COMMUNICATION SKILLS**
- **ENGAGING FAMILY & NEW FRIENDS INTO YOUR RECOVERY PROCESS & PARTICIPATING IN SOCIAL ACTIVITIES**
- **SENSE OF BELONGING & PURPOSE**



FAMILY/SOCIAL CAPITAL

IMPROVING COMMUNICATION SKILLS

- Learning to talk to individuals with dignity & respect
- Learning to listen attentively without interruptions
- Asking questions when you do not understand
- Teaching family and social support how you desire to be treated

TELL STORIES



FOCUS



LISTEN



COMMUNICATE





FAMILY/SOCIAL CAPITAL

ENGAGING FAMILY & NEW FRIENDS INTO YOUR RECOVERY PROCESS & PARTICIPATING IN SOCIAL ACTIVITIES

- NO SECRETS
- Involving family and social support in all aspect of recovery
- Participating in family and social activities with someone who supports your recovery



FAMILY / SOCIAL CAPITAL

SENSE OF BELONGING & PURPOSE

SENSE OF BELONGING & PURPOSE



FAMILY/SOCIAL CAPITAL

SENSE OF BELONGING & PURPOSE

- Who am I and
What do I enjoy?
- Where do I fit in?
- Am I comfortable
in my own skin?
- What are joy
desires and
aspirations?



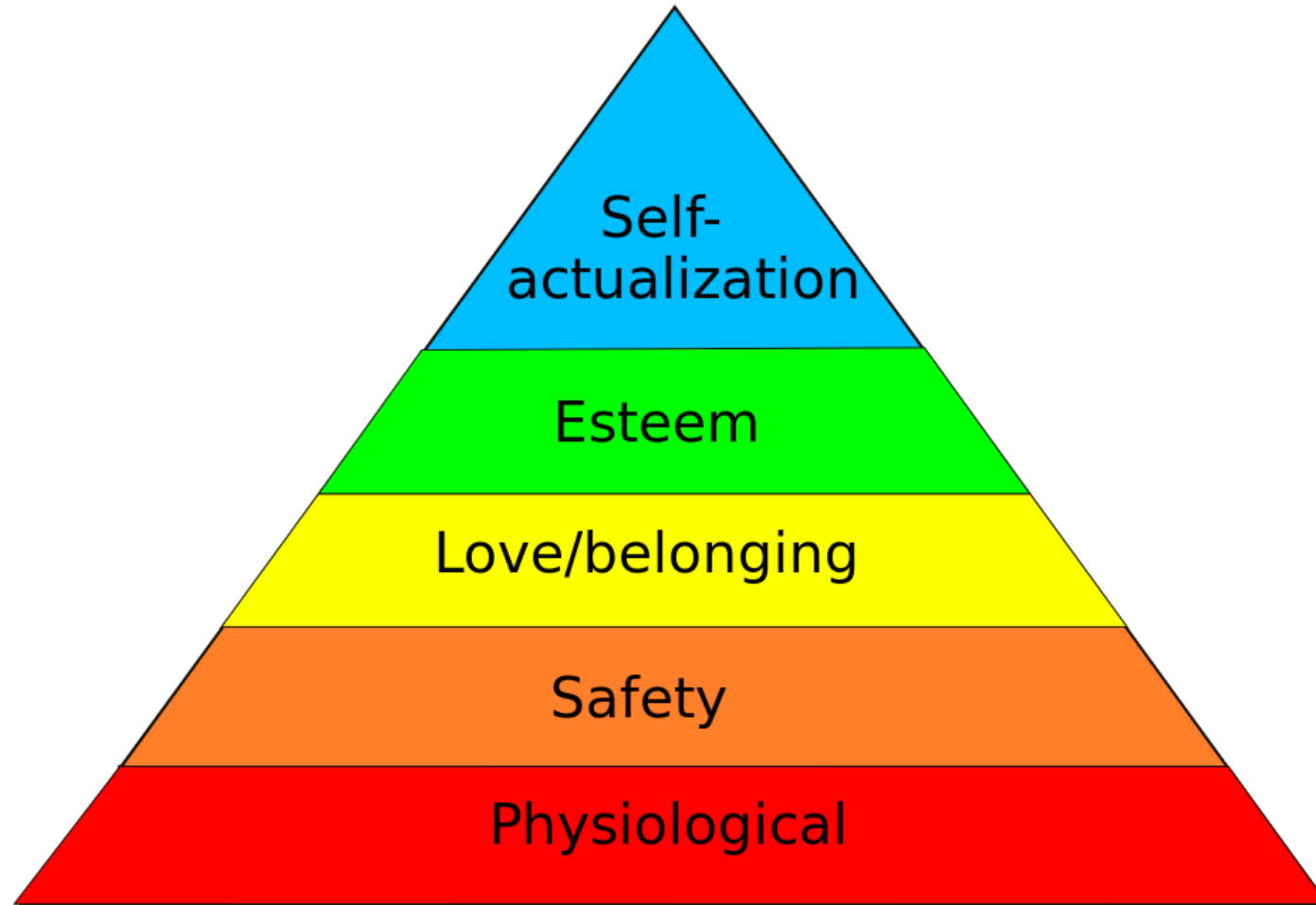
PERSONAL RECOVERY CAPITAL



Health
&
Wellness



PERSONAL RECOVERY CAPITAL



PERSONAL RECOVERY CAPITAL

Physical Recovery Capital

- Physical
- Clothing
- Food
- Financial Assets
- Health Insurance
- Safe Recovery-Conducive Shelter
- Access to Transportation

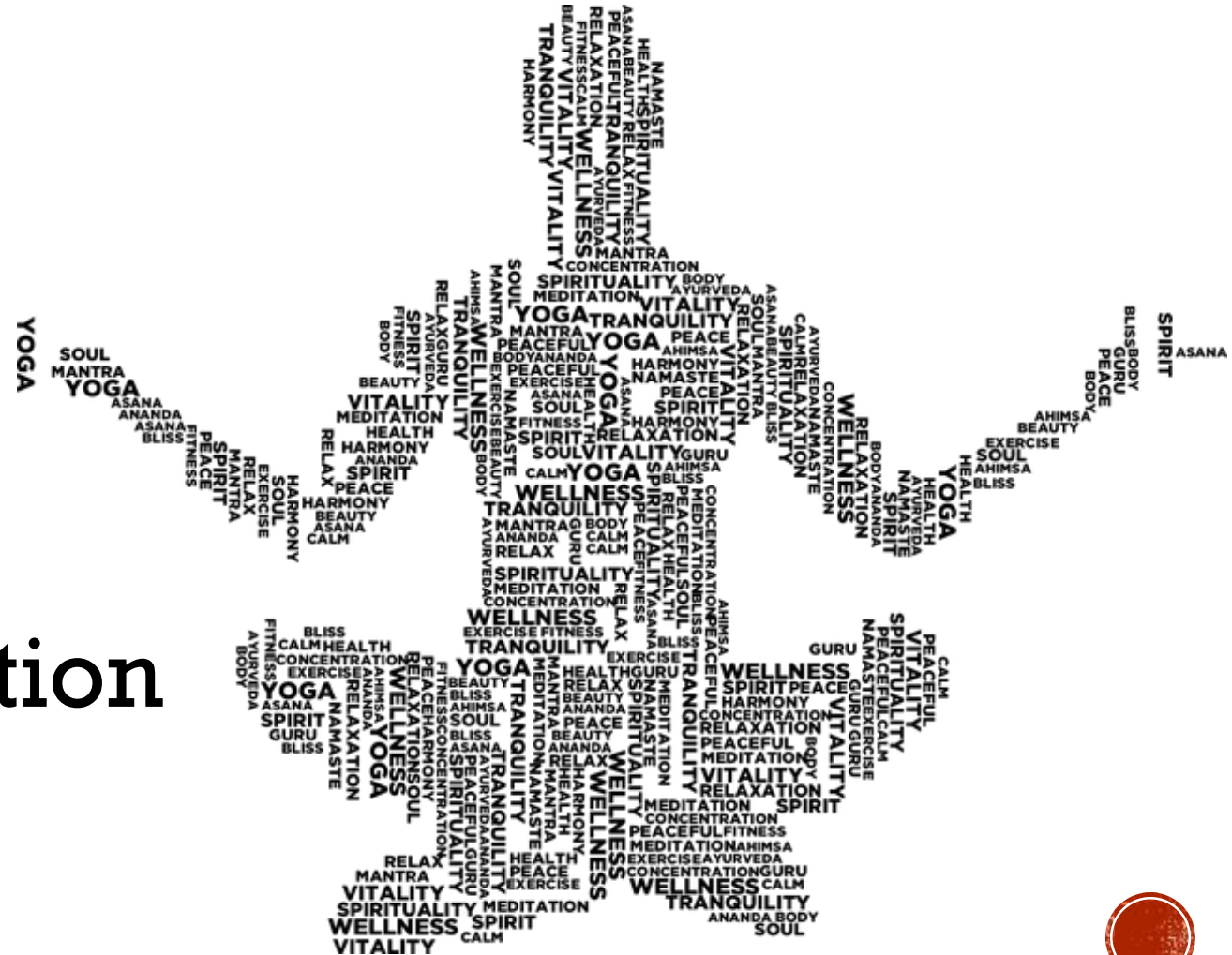
Human Recovery Capital

- Morals & Values
- Educational/Vocational Skills
- Problem Solving Capabilities
- Self-Awareness, Self-Esteem & Self Efficacy
- Optimism
- Interpersonal Skills



PERSONAL RECOVERY CAPITAL
Wellness/Spiritual Capital

- Mental Health
- Leisure Activities
- Hobbies
- Spiritual/Religious Practices
- Meditation & Relaxation



COMMUNITY RECOVERY CAPITAL



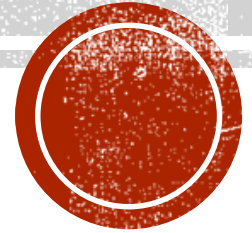
COMMUNITY RECOVERY CAPITAL

- **Community Resource Broker**
 - Treatment Resources
 - Housing Resources
 - Medical Resources
 - Psychiatric Resources
- **Advocacy Efforts**
 - Recovery Community Organizations
 - Legal System
 - Social Justice
 - Cultural Capital/ Multiple Pathways



HOW MUCH RECOVERY CAPITAL DO YOU POSSESS?

...Let's See





A white rectangular card is placed diagonally on a dense layer of pink rose petals. The petals are vibrant pink with some yellow at the base, creating a soft, textured background. The card is clean and minimalist, with the words 'Thank you' written in a black, elegant cursive script.

Thank you